



IFW

April 24, 2005

Commissioner for Patents  
P.O. Box 1450  
Alexandria, VA 22313-1450

Art Unit 3764, Application No. 10/764,427  
Examiner: Mr. Tam M. Nguyen

This is identical to an earlier response dated March 27, 2005, except for added mailing certification and hope of receiving confirmation postcard.

Applicant submits the following comments and changes in response to Office Action mailed February 3, 2005.

1. The Applicant appreciates Examiner's advice on Arrangement of the Specification and on securing services of a registered patent attorney or agent. The Applicant hopes the Examiner would understand financial limitation precludes securing such services at this time, and he has to continue to process this application based solely on a patent self-help book. While no attempt has been made to market any Fast Arm-Swing Tether, much effort has gone into spreading the concept advocated by the Application.

After much communications with many sources, it is a pleasure to report that a small inroad has been made with the U.S. Olympic Commitment following numerous letters to various individuals in the organization. The attached letter from the USOC shows that the Head of Sport Biomechanics and Engineering has given some initial indication on supporting the concept.

Successful result of testing FAST is essentially a fait accompli. Since filing the Application, Applicant has used the device in the Houston Marathon in January 2004 and set a personal record for the 26-mile event, 15 minutes faster than in 2003. In January 2005, Applicant used it again to lower his personal record time by another 9 minutes, sufficient to qualify for Boston Marathon. The Applicant is set to debut the device in the Boston race this April, but unfortunately, an injury at this moment has curtailed training and clouds outlook for a good performance.

2. Eight patents cited in Office Action pertained to species totally different from the device described in current Application, which enhances arm swing pendulum motion through physics, with reduction of rotational inertia not matched by any of the patents. Comments on the prior inventions are as follows:

- Cooper – described in Page 4, 4<sup>th</sup> paragraph of Application,
- Sands – described in Page 4, 4<sup>th</sup> paragraph of Application,
- Geh – a muscular development device not involving pendulum motion,
- Segarra – essentially like first FAST Application, No. 09/168,441, abandoned,
- Darkwah – no rigid frontal protrusion,
- Wells – no rigid frontal protrusion,

- Moyer – more akin to a vendor tray than a running device, and
- Chee – essentially like first FAST Application, No. 09/168,441, abandoned.

3. Response to Office Action item 3, Specification.

In page 6, line 3 of the Application, it is requested to delete the word "weigh" and insert in its place the word --weight--.

4. Response to Office Action items 4 and 5.

Figure 3 of the Application showed the essence of the invention, whereas Figure 4 demonstrated a prototype for achieving the physics depicted in Figure 3 to improve running speed and efficiency. Thus Claim 1 as written sought to claim items 60 and 70 of Figure 3 as it was recognized in page 5, paragraph 3, that the sample device in Figure 4 could take different forms. In light of the rejection and to differentiate the present invention from the eight patents cited, it is requested to delete Claim 1 as originally submitted and to insert a new Claim 1, as stated below, to establish FAST as a new specie not previously envisioned.

1. A Fast Arm-Swing Tether system comprising
  - a frontal protrusion means with a support located in front of chest at a distance less than length of lower arm away from chest, and
  - a pendulum means;
  - with said frontal protrusion means worn by an athlete;
  - with said support at the frontal protrusion means effective to hang said pendulum means;
  - with the pendulum means hanging from the support; and
  - with the pendulum means effective in providing hanging support to ends of lower arms of said athlete so as to enhance arm-swing pendulum motion.

Applicant hopes the above discussion has been presented with sufficient clarity and has adequately addressed the Office Action objections.

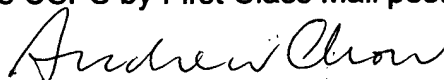
Sincerely,



Andrew W. Chow, Applicant  
15306 Parkville Dr.  
Houston, TX 77068

Mailing Certification

I hereby certify by my signature below that this correspondence will be deposited on April 25, 2005, with the USPS by First Class Mail postage prepaid to the address shown on the first page.





BEST AVAILABLE COPY

Sport Science and Technology Division

16 November 2004

Andrew Chow  
15306 Parkville Dr.  
Houston, TX 77068

Dear Andrew,

Just a quick note. I've received your package and I've been trying to sell some of the running coaches and researchers here on the idea of testing the device. So far, I've not had much success. I can do the work myself, but it's going to be a while for me to get to it. I'll be sort of treading on their turf so I have to go somewhat carefully, politics being what they are. I've also talked to one of my former doctoral students about having someone at her university take on the project, but she also indicated that she didn't have anyone at the moment. In short, it's going to get done, but it's going to take me a while. Since the end of the Athens Games, we're a little short handed (our budget looks absolutely dire), and many athletes have moved on or retired. Everyone is sort of reloading now and things are definitely slower than this time last year.

I hope you can be patient. I've given one of the devices to the Triathlon coach and he's interested, but he's also going out to the Chula Vista Training Center for a period for training. At any rate, I haven't forgotten and I keep them in plain view so that I am constantly reminded. I'll keep you posted on how things proceed.

Regards,

Wm A. Sands, Ph.D.  
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